



## Healthy Directions/Viverae Wellness Program FAQs

### What is Viverae?

Viverae is a leading health management services provider. They offer in-depth online health tools to help improve your health. All PPO/HSA health plan-covered employees can access these resources beginning July 1, 2014.

### What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource. Starting July 1, 2014, Douglas County Healthy Directions health management program participants may utilize this resource. The Viverae Health Center's staff includes various highly trained Viverae Health Professionals, such as health and exercise specialists, registered nurses, and registered dietitians.

### Who can participate in the program?

Beginning July 1, 2014, all PPO/HSA health plan-covered employees may participate in the Member Health Assessment (MHA) and Biometric Screening. They may also take part in health and wellness activities on the Douglas County Healthy Directions/Viverae website.

### How do I earn my incentive?

Complete your MHA and Biometric Screening by August 31, 2014 for 50 points each toward the 150 point goal for 2014. Then earn an additional 50 points by December 1, 2014 for your \$75.00 Visa Gift Card.

### What is a Member Health Assessment (MHA)?

The MHA identifies behavior that could raise health risks. Your MHA provides suggestions for day-to-day changes to improve your health and well-being. The MHA provides a Health Score that works with your health management program's tools.



### What is the Biometric Screening?

It is a short, simple health exam that helps identify your health status. The screening can reveal risk factors you may have for certain health conditions. Biometric Screenings will be held on site at four different locations and ten different days/times in July. You may still participate in a screening if you cannot attend an on-site event.

#### Your screening will check the following:

- » Blood pressure
- » Body composition, including height and weight, Body Mass Index (BMI), and waist circumference
- » Blood profile, including HDL, LDL, and total cholesterol, triglycerides, and blood glucose levels

### Is my health information confidential?

Your Personal Health Information (PHI) is 100 percent confidential. Viverae adheres to Health Insurance Portability and Accountability Act (HIPAA) standards. They do not share PHI with anyone, including your employer.

### What if I do not have access to the Internet?

Members with limited or no Internet access can still participate in the Healthy Directions wellness Program. Members can receive health management program information by calling the Viverae Health Center at 888-VIVERAE (848-3723).

**\*\*Watch for registration details in your mail by July 1, 2014\*\***

## Learn More

Questions about your health management program?  
Watch our "Health Management Program" video at  
<http://myviveraecommunications.com/myviverae.html>.